

Consumer Product Safety Alert

FROM THE U.S. CONSUMER PRODUCT SAFETY COMMISSION, WASHINGTON, D.C. 20207

Trampoline Safety Alert

The U. S. Consumer Product Safety Commission (CPSC) wants you and your family to be safe when using trampolines. The CPSC estimates that in 1996 there were 83,000 hospital emergency room-treated injuries associated with trampolines. About 75 percent of the victims were under 15 years of age, and 10 percent were under 5 years of age. Since 1990, CPSC has received reports of 6 deaths involving trampolines. Injuries and deaths were caused by:

- Colliding with another person on the trampoline.
- Landing improperly while jumping or doing stunts on the trampoline.
- Falling or jumping off the trampoline.
- Falling on the trampoline springs or frame.

Almost all of the trampolines associated with injuries were at private homes, usually in backyards. Most of the injuries occurred on full-size trampolines.

Here are the steps you can take to help prevent serious trampoline injuries, especially sprains, fractures, scrapes, bruises, and cuts.

- Allow only one person on the trampoline at a time.
- Do not attempt or allow somersaults.
- Do not allow trampoline to be used without shock-absorbing pads that completely cover the springs, hooks, and the frame.
- Place the trampoline away from structures and other play areas.
- Do not use a ladder with the trampoline because it provides unsupervised access by small children. No child under 6 years of age should use a full-size trampoline.
- Always supervise children who use a trampoline.

